

Reach your goals with notifications

Cal Al would like to send you Notifications

Don't Allow

Allow





Do you have a referral code?

You can skip this step.

Referral Code

Continue





Thank you for trusting us

We promise to always keep your personal information private and secure.

Continue

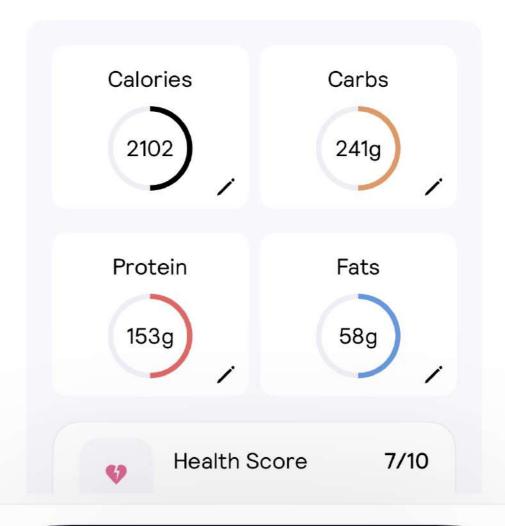




Congratulations your custom plan is ready!

You should lose:

4 kg by April 26



Let's get started!



How to reach your goals:



Use health scores to improve your routine



Track your food



Follow your daily calorie recommendation



Balance your carbs, proteins, and fat

Plan based on the following sources, among other peer-reviewed medical studies:

- · Basal metabolic rate
- Calorie counting Harvard
- International Society of Sports Nutrition
- National Institutes of Health

Let's get started!